



Bay House

Sixth Form

ENRICHMENT COURSES 2021

As well as your academic studies, you can also choose to take up enrichment courses which you would find both interesting and fun! It is also a chance to broaden your Sixth Form experience and meet new people. The courses are useful additions to any university or job application; some can also lead to further external accreditation. The majority of enrichment courses run for the whole year, although some are termly or half-termly. All enrichment courses are optional; however, once committed, all sessions must be attended. You may choose a range of courses if you wish; most courses will, however, be timetabled to take place at the same time.

Please note that all courses are subject to final timetabling and demand - there is, therefore, a possibility that some may not end up running

TWO YEAR COURSE:

Mathematical Studies

Core Mathematics is a two-year course which puts the focus on developing and consolidating the mathematical understanding and thinking skills of the student. It is an excellent complement to many A Levels and has the potential to help lower the grades required for University places. Core Mathematics is also good preparation for the mathematical demands of higher education where there are mathematical elements involved which do not stretch quite to A Level. Course content will include Data Analysis, Personal Finance, Estimation, Probability, Critical Path Analysis and Cost Benefit Analysis.

[Mathematical Studies Presentation](#)

ONE YEAR COURSES:

American Football

If you've ever watched NFL games and the Super Bowl and fancied yourself as the next Tom Brady - American Football might be the sport for you! You will learn the fundamentals of the game and have the opportunity to practice and play. Available to everyone, this will be strictly *non-contact* (we will be playing Flag/Touch Football) but with youth teams in the local area there are additional opportunities if you enjoy it.

Creative Ceramics – Bay House’s Great Pottery Throw Down!!

Would you like to learn a new skill or refresh an existing talent? Creative Ceramics offers clay and glazing techniques, in a relaxed atmosphere, offering the chance to design and create a couple of pieces for display within your college and home environment; also a perfect gift! This course has a proven track record for enjoyment, stress-busting, confidence building, course satisfaction and a yearning for more!! The only qualification needed is enthusiasm. [Ceramics Information Page](#)

Creative Writing

Always wanted to start a novel? Or do you prefer flash fiction? Whatever type of creative writing you would like to do, this course will help you develop your ideas and techniques. We will set up an online magazine to share our work, enter writing competitions, even put on a Poetry Slam. The intention is to facilitate whatever form of creativity club members would like to pursue, so come, share your ideas and be inspired by others!

Criminology

Criminology is an exciting subject which will allow you to understand crime and deviance in detail. It studies the status, structure, dynamics and socio-human causes of crime, as well as solutions to developing means of intervention against criminal activity. You will focus on the impact that crime and criminal behaviour have on societies and explore how criminal behaviour can be explained. You will also look at the social reaction to crime and the effectiveness of anti-crime policies, including some aspects of the law. If you choose to, you can undertake a controlled assessment and an exam to obtain a Level 3 qualification. Questions such as 'why do people commit crime?', 'how should we punish offenders?' and 'what is the role of the criminal justice system?' will be addressed throughout the course.

Criminology Taster Lesson

Debating Society

The Sixth Form Debating Society provides an opportunity for you to engage in the issues that really matter. From gambling to EU membership, gun crime to Christmas adverts, we're always on the lookout for new members to join our opinionated team! The society meets weekly to hold a structured debate on a motion selected by its members and we ensure that no point is left unpicked!

We regularly take part in national debating competitions, such as 'Debating Matters', and stage competitive debates with other colleges. If you like voicing your opinion and don't shy away from a controversial topic, then the Debating Society is for you. Maybe, with your help, we'll finally get to the bottom of the trickiest debate of all: is the Jaffa Cake actually a cake or a biscuit? [Debating Matters Website](#)

Duke of Edinburgh Award

The Duke of Edinburgh Gold Award is made up of 5 areas; Volunteering, Physical, Skills, Residential and Expedition. Each of these areas will be assessed, resulting in you gaining a nationally recognised qualification that you can use on your CV and UCAS application. On successful completion of the award, you will be invited to an Awards Presentation Ceremony at Buckingham or St James's Palace.

During the course, you will receive support to aid your completion of each section; however, the main focus will be training and preparation for the expedition with the aim of completing this at the end of the school year. Within the sessions you will develop skills of navigation, first aid, map work, camp craft, weather, compass work etc in preparation for your expedition.

For 2021/22 it is likely that we will be using an external provider to facilitate our expedition section. The expedition will last four days and three nights in a team of up to seven participants. It will be up to you and your team to decide the aim of your expedition, route, food and where you will camp. To help you prepare there will be a practice walk and overnight camp and a practice expedition.

The qualifying expedition is likely to take place at the end of the summer term.

There is an initial cost of £35 to enrol you on the DofE programme. The expedition costs will be in the region of £300 to cover the cost of the external provider, campsite and transport costs. This will be confirmed in the Autumn Term. The school has a range of equipment available for loan.

Full details of the Award can be found at www.dofe.org or if you have any questions please contact us dofegold@gfmat.org

Dungeons and Dragons Society

Tabletop Roleplaying Games like *Dungeons and Dragons* give players a space to engage in interactive, shared storytelling and improvisation, where story moments are mediated by the rolling of dice. If you're someone that enjoys game mechanics, problem solving, storytelling and drama, then this course is for you.

- Use creative writing skills to make complex characters with ideals, flaws and a compelling backstory.
- Play your character at the table and flex your drama skills.
- Sharpen your ability to solve problems and improvise.
- Take on the challenge of running your own game by creating fictional worlds and characters for your players to interact with.

Whether you're a seasoned D&D veteran or a complete newcomer, D&D Society is open to anyone interested!

Football (Hampshire Colleges' League)

Matches take place each week against other colleges in the Hampshire League. Trials for a place in the First or Second team take place during the first week of term – further details will be given out nearer the time.

Model United Nations – Step into the shoes of World Leaders

Each year more than 400,000 students from primary school to university participate worldwide in Model UN conferences. These events involve role-play of UN meetings and are usually based on the Security Council or General Assembly committees. This enrichment course will allow delegates to work together to plan their own Model United Nations conference which may be held either within school or countrywide at a national conference. Each delegate will represent a particular country and tackle real world problems and situations. The delegations represent the views of 'their' country, reflecting that country's national interests, rather than their own personal opinions on an issue. The topics are issues of global importance – such as Covid-19, provision of clean water, nuclear weapons, human rights, economic justice or the Syrian or Israeli-Palestinian conflict. You will work towards a re-enactment of a UN meeting, negotiating with other delegations through formal and informal debate. Within the past few years we have attended MUN conferences at Birmingham and London as well as a virtual conference with UCL and hope to go to the LSE MUN this year. We have sought fundraising opportunities through local community groups and in-school activities, such as cake sales and car washes, with the proceeds going towards Bay House's participation in national MUN conferences. [MUN Taster Video](#)

Netball (Hampshire Colleges' League)

Matches take place each week against other colleges in the Hampshire League. Trials for a place in the First or Second team take place during the first week of term – further details will be given out nearer the time.

Recreational Basketball

'The Last Dance' has been popular on Netflix during the lockdown this year, reminding me of my basketball roots as I grew up watching the Bulls dream team. You might be more of a Steph Curry fan, or perhaps you first got into basketball very recently when Boris said you were allowed to play it with your one friend! If you fancy playing the greatest sport in the world, then shooting some hoops on a Wednesday afternoon is the place to start. No experience is necessary and the emphasis is on fun and keeping fit. The Wednesday afternoon session will mainly involve casual game play, but the sessions can be used to practise set plays and offensive/defensive manoeuvres if you wish to improve your skill level.

Recreational Football

This course is for students who would like to have a casual kick about for wellbeing and exercise. It will be a chance to let off steam and have fun playing the sport on a non competitive level.

Recreational PE

If you'd like to keep fit and have fun in a relaxed environment then you can choose to participate in a variety of sporting activities such as table tennis, volleyball, badminton, basketball and more!

Pilates

More and more students are suffering from stress, anxiety and related illnesses, to the detriment of their happiness and efficiency in their studies. Pilates allows the student to practice the connection of mind and body, with particular attention to the use of breath. Students will be guided through a range of exercises to help improve posture, balance and flexibility with a guided meditation at the end of each session. Pilates helps people to achieve improvements in health, well-being and work/life balance, and offers proven stress and anxiety relief.

All ability levels are welcome; it doesn't matter if you are a complete beginner or have practiced Pilates regularly. We practice different exercises and each one can be adapted to suit fitness levels and needs.

[Pilates Information Video](#)

[Pilates - FAQ](#)

HALF TERMLY COURSES:

Introduction to Basic Cookery

This course will provide you with some basic cooking skills, as well as helping to prepare you for living independently and learning to cook on a budget. Each week will be focused on a particular ingredient or skill, and you will have the opportunity to have a go at cooking a staple recipe which can be altered and changed according to your tastes.

[Introduction to Basic Cookery Powerpoint](#)

Brand YOU - Personal Branding and Employability Skills

Personal Branding is the way you promote yourself in life. It is the unique combination of skills, experience and personality that you want the world to see - especially when applying to jobs, Universities or apprenticeships. Your personal brand demonstrates your strengths and your *value*, and sends a clear message about yourself - just the same way corporate branding does. During these interactive, high-impact sessions, we'll be learning about incorporating personal branding into all aspects of your career development, and developing some life-long habits to help you to stand out from the crowd! Topics covered will include:

- Personal Branding - what exactly is it and how can it significantly enhance your employability?
- Current best practice in CV writing - how to make the first "cut" of the recruitment rounds
- How to optimise your CV for digital recruitment practices and online applications
- How to write a compelling cover letter that dovetails with your CV and will make employers notice you
- How to succeed at interviews, and what they have to do with helicopters!
- How to answer "competency" questions, and the importance of creating a career autobiography from the 6th form onwards
- What is the purpose of LinkedIn, what do you put on your profile, and why is it so important to start using it NOW?

By the end of this course, you will have identified your personal brand, and understand how to use it to reach your goals in life!

Haematology - The Study of Blood

A brief race through Path Lab rather than Dracula's Den. The sessions will look at normal Red Blood Cells, White Blood Cells and Platelets and investigations into associated conditions/problem areas. Using anecdotal evidence from General Hospital work, these will include investigations into the Anaemias (Iron deficiency, Sickle Cell etc), Blood Groups/Rhesus, Infection, Leukaemia, Blood Clotting and Anticoagulants. Not just of interest to students wishing to read Biological Sciences/Medicine in future, but to anyone who has ever had a Full Blood Count investigation. Subject to confirmation, we may be supported by Portsmouth Hospitals Trust to examine blood films under the microscope. Blood film making (using fake blood and bone marrow) will also be demonstrated with attendees encouraged to have a go too. *(Depending on timetabling, this course will either run on a Wednesday afternoon or one day after school)*

Journalism Essentials

This course will offer students the chance to learn the fundamentals of journalism, from finding, writing and editing stories to interviewing big-name celebrities and crafting catchy headlines. The focus will be on developing the essentials of traditional print journalism while learning how modern digital media can be used to tell stories effectively. We will cover all areas of journalism from politics to news, sport, fashion and beyond.

Let's Talk About Sex baby

This specialist PSHRE short course will be discussing and exploring important 'social' topics. Looking at the relevance of these topics in today's world and helping students to keep safe and prepare for life (and survive!) both during and after college. Topics will include, but are not limited to, alcohol, smoking/vaping, illegal substances, relationships & contraception/STI's. Sessions will be conducted in a relaxed and fun environment allowing you to learn and ask questions without fear of embarrassment or awkwardness.

Voice Performance Technique

Love being on stage? Want some new tools for your voice performance arsenal? Enjoy making new and interesting sounds? This course will introduce the Roy Hart voicing technique and explore using it in a musical theatre and voice performance context. We will investigate the body-voice connection, and work on developing and enhancing body awareness in relation to creating sound. Participants will need to be open to using their voice in unconventional ways, and while a good understanding of proper speaking and singing technique is beneficial, it is not necessary. This course is suitable for anyone looking to continue in voice studies, particularly in voice performance (in any style), as well as drama.

IF YOU ARE INTERESTED IN SIGNING UP FOR AN ENRICHMENT COURSE, PLEASE MAKE SURE YOU SUBMIT A GOOGLE FORM WHICH CAN BE FOUND [HERE](#)